

12 Ways to Help Prevent Falls

1. Do not use steps or stand on chairs;-place items where they can easily be reached.
2. FLOOR; Carpet edges should be tacked down – wall to wall carpet is best.
3. Rugs are dangerous – if you must have them, they must have non-slip backing.
4. Lighting should be even and high especially on stairs and between bedroom and bathroom.
5. Furniture should not have casters. Couches, chairs and beds should not be too low, high or soft.
6. Walk ways should be free of furniture. Telephone or electrical cables should be tacked to the wall.
7. Stairs should be very well lit. The bottom of the step can be marked with bright tape if necessary. NOTHING should be stored on the stairs.
8. Have your sight checked. –Wear glasses if they are prescribed. It is safer to use separate glasses for reading and distance, rather than varifocals or bifocals.
9. Wear proper shoes or slippers with an enclosed heel. Wear low heels and avoid slippery soles.
10. Do not wear a long dressing gown.
11. Take time to recover your balance when rising from the bed or chair.
12. Be aware that certain tablets or medicines may place you at an increased risk of falling.

If You Have a Fall

Try to Summon Help - Shouting is Tiring

1. Leave a bell on the floor (e.g. under a chair).
2. Place a telephone on a low stool – with emergency numbers.
3. Fit a pendant alarm system.

If you are not injured

Roll and Crawl

1. Roll over onto tummy
2. Get onto all fours
3. Crawl to furniture and place hands onto it
4. Put one foot forward FLAT on the floor
5. Push up to sit on a chair

Sideways - If unable to crawl

Shuffle on your bottom to a chair.

USE THE STAIRS – IF UNABLE TO CRAWL OR KNEEL

1. Shuffle to the stairs
2. Gradually move up stairs till legs are straight
3. Stand up backwards

IF UNABLE TO MOVE

KEEP WARM – Wrap items under and over yourself.

(e.g. – RUGS- CARPETS – COATS – BLANKETS – CUSHIONS)

REPORT

Report any fall to your doctor. There may be an underlying cause. Resume normal activities as quickly as possible so your confidence is not lost.